

GREEN JADE

OCTOBER, 1972 VOLUME I, NO. 1

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Inner Levels and Outer Limits

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INNER LEVELS AND OUTER LIMITS

A lecture given at Serenity Spiritualist Church on June 4, 1972
through the Mediumship of Richard P. Goodwin.

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INNER LEVELS AND OUTER LIMITS

*A lecture given at Serenity Spiritualist Church on June 4, 1972
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Dear friends, most of you are familiar with the teachings of this association, in that our workers are requested not to prepare themselves for any lectures at any time. When we prepare ourselves mentally to speak on a topic, what happens to us is we get into a mental level, then we are not receptive to the spirit or the vibration of the moment in which we are to speak. And in preparing lectures and things of that nature, we find that we're speaking over the heads of the listener or under them and that is not the purpose of this association. A few months ago my spirit teacher who has been with me for a number of years, who requests the topics that are placed on the program, asked to speak on "Inner Levels and Outer Limits." I do not know what he's going to talk about but if I am able to be receptive, through my clairaudience or clairsentience that I may receive these thoughts and give them forth to you, I will indeed be most grateful.

Most of us are aware to some extent of the world around and about us, of this physical world.

We're aware to some extent of the house we live in, the car we drive and the clothes that we wear. We're aware of the things that we don't like as well as aware of the things that we do like. But indeed are few of us aware of the reasons why we like or we dislike a person, place or thing. We know that we like it or dislike it but in all honesty we don't know why. It has often been said that there is no cure for our illnesses and that's what our dislikes are and also our likes, unless we can find the cause. And in speaking on "Inner Levels and Outer Limits," we're going to try to broaden, to some extent perhaps, the horizons of the listening ear. The mind can be likened unto a tape recorder, it plays certain tapes under certain circumstances and conditions, according to what has been recorded over a lifetime of experiences.

We look about the world we live in and we see that some people are born with certain talents and some seemingly are born without them, that some seem to be in a state of joyousness and happiness while others appear to be born in conditions

that are miserable and surely grieving. Then the question arises within our being if there is the divine power and all things are brought into balance in time, why are some souls incarnated into different bodies with different experiences. But if we look a little deeper we'll find that the experiences of yesterday, to some of us anyway, are not the experiences of this present moment or of today.

It has been said, hold not to form for form shall pass and yet this old brain known as the great computer, the recording machine, holds steadfast to that with which it is familiar. Why, we ask ourselves, do we hold to patterns that are not benefiting our soul, our spirit or even our mind? What is it within us that insists upon holding to disturbances, to worry, to lack, to limitation, to all these negative things? And when we search deeply, we find in ourselves that we are so familiar with that particular tape or recording that it's difficult to change it.

Some time ago a lecture was given in a seminar on poverty, and I'd like to express a little bit about that lecture. The understanding of this teacher is that poverty--physical, mental or spiritual is nothing more or less than a weakness in our character, a deformity of our personality. For there is something within us that needs attention and if that is

the way that we're finding of gaining this attention, which is energy, to be drawn to us then that is what we're going to continue to use.

It has also been stated, faith is that which moves the mountain. When we rise to another level of awareness within ourselves we find that faith and fear is one and the same thing. We fear and do not place our hand in the flame because it will burn. We have absolute faith that that is what will happen and we experience what we term, a fear. We have fear that if we jump off a two story building we will have damaging affects upon our body. Don't you see, my good friends, that fear is nothing more than absolute faith and that that we have faith in we in truth are. God does not do it to us, we and we alone do it to ourselves. I am not suggesting or recommending that you try jumping off the bridge and swim in the ocean after, because the fear is so deep-rooted in the depths of our own mind, which is absolute faith that's what will happen.

As man continues to direct his faith, the greatest power in all the universes, to these negative disturbing things then that is what man will ever continue to experience. Our outer limits are narrow by ourselves. We have faith that certain people will act a certain way under certain conditions; therefore, that's the only way we



Book Review

"IN TUNE WITH THE INFINITE"

by Ralph Waldo Trine - Bobbs-Merrill Company, Inc. - 171 pages

Reviewed by Anne Philbert

Even the title of this book reflects its poetic quality, its continuous flow of a man obviously inspired as he wrote. No matter where you open this book each word, every phrase and sentence seems to be touched by the Infinite. It is a book to be placed within easy reach to pick up idly just for providing a feeling of upliftment. And nearby, in times of stress, it can be the answer to a pressing need. It seems to respond to some of that inner vacuum--it can be that antidote for a few moments of peace.

Although this book was first published in 1908, one gets the feeling it was written yesterday. It is just as timely now as it was when it was first written.

What is it that Trine says? "Do you want to be a God man?" Is the question he asks, "or do you wish to remain a mere man?" If you remain undaunted at this point, the book

isn't for you. If you respond in the affirmative, Trine provides the "how" in a very simple but fascinating way.

Am I intuitive? Am I psychic? Do I have wisdom? Can I gain peace? Must I be always without money? Need I be ill?

"Let us recognize at the outset that, so far as the physical life is concerned, all life is from within out. There is an immutable law which says: 'as within, so without; cause, effect.' In other words, the thought forces, the various mental states and the emotions, all have in time their effects on the physical body." Trine develops this concept in his chapter on the fullness of life--bodily health and vigor.

The author outlines in each chapter the steps toward opening ourselves fully to the Divine inflow, to higher inspirations, to becoming God men. God men, as defined by Trine are those "in

whom the powers of God are manifesting, though yet a man."

"*In Tune With the Infinite*" is a book to be read by those who are recently turned on to God (your Higher Self, or whatever term you happen to label this Source) as well as for those who have been life long seekers. Perhaps what is one of the most outstanding things about this book is its universal approach to "the way". It is a book worthy of owning, as well as one to pass on to friends.

A Sad Story

*A tree toad loved a she toad that lived up a tree;
She was a three toed tree toad,
but a two toed tree toad was he;
The two toed tree toad tried to
win the she toad's friendly nod,
For the two toed tree toad loved
the ground that the three toed
tree toad trod;
But vainly the two toed tree
toad tried, he couldn't please
her whim,
In her tree toad bower, with her
veto power, the she toad
vetoed him.*

"And what is a weed? A plant whose virtues have not been discovered." —Ralph Waldo Emerson.

Be kind today. There are many things to do.

A work of cheer for those who battle through.

The many cares which come upon our way.

*A gentle deed will ever live.
Be kind today.*

Be kind today. The angels look and smile

When loving words make someone's life worthwhile.

Sadness in this world would never stay

Before the drifting hours.

Be kind today.

Be kind today. Who knows where we will be--

One minute here, the next eternity.

Hours, like the roses, quickly pass away.

Don't wait for the setting sun.

Be kind today.

—Lottie C. Frame

*He who knows not, and knows not he knows not, is a fool--
avoid him.*

*He who knows not, and knows he knows not, is simple--
teach him.*

*He who knows, and knows not he knows, is asleep--
awake him.*

He who knows, and knows he knows, is wise--follow him.

—An Arab Proverb

Student's Corner



God's Law is Universal Intelligence

by Robert Paulson

We all live under the law. The law of God is immutable, unchangeable and impartial. As soon as we become aware of the law we can live with it or against it. The choice is up to us. It is a fact that a person who is living a disagreeable life is unwittingly living against the law. As one sharpens his awareness, he can recognize this and can change his approach to the law, and can thus go with the law, changing his entire environment, right where he is, into a pleasant and very agreeable lifestyle. By his own choice he can affect, or change, his own life as well as everyone with whom he comes in contact.

What is the law of God? Well, for example, a very tangible law of God is the law of electricity. It has always existed and always will. Ancient myth used to

have it that Thor, the red-haired and bearded god of strength, the defender, used to throw his magic hammer which incidentally always returned to him, at the enemy, and in that way striking them down with a thunderbolt. For thousands of years man has worshiped thunder and lightning. Somewhere around 1750 A.D., a little over 200 years ago, Benjamin Franklin summoned the courage to challenge the thunderbolt. He sent a key up on a kite string which he attached to a lyden jar (a primitive battery). A thunderbolt struck and Ben trapped it in the jar. Now, Benjamin Franklin didn't know what to do with his "Gene in the Bottle." It took other researchers, such as Thomas Edison, Nicola Tesla, Alexander Graham Bell, Sir William Crooks, Marconi,

THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

The majority of people are never brought face to face with anything suggesting the miraculous or "supernatural," and, consequently, they go through life in the belief that nothing ever happens that cannot be accounted for in a perfectly natural way. This, no doubt, is the reason why most people are inclined to dismiss as fables all accounts of psychic phenomena. Such phenomena happen, nevertheless, and are familiar occurrences to Spiritualists and students of Psychic Science.

As these investigations make no secret of their experiences it is odd that so few of the general public seems to know them. There are several reasons for this; one is the fact that no one finds it worth while to relate his wonderful experiences to strangers, when he feels pretty sure that he will not be believed, but be looked upon pityingly as mentally unbalanced. Few newspapers care to publish serious accounts of psychic phenomena for fear of shocking the prejudices or religious susceptibilities of their readers; if, therefore they do publish them, it is usually with contemptuous

derision. If fraud is imputed, as it usually is, the account is sure of ready acceptance, because the public likes a natural explanation of the dreaded supernatural. The police prosecutions of fortunetellers—who may be perfectly genuine clairvoyants—is always good "copy" for the newspaper. Many books have been published dealing with every branch of Spiritualism and Psychic Science, but as the general public has no curiosity to examine a subject which it has been taught to associate with credulity and fraud, such books are not in demand and so are seldom seen in the bookshops.

In the study of all subjects it is the universally accepted rule to begin by reading authoritative books, so as to ascertain what others before us have already seen and done and what conclusions they have come to as a result of their researches. Unfortunately, the case of Psychic Science, this common-sense rule is quite commonly set aside even by those who do not deny its wisdom; and it is doubtless because of this that so much ignorance still prevails among educated people as to the reality and

Visitors Views

by Kay Hammel

Isn't it heart-warming to see new faces each week in church? Aren't we all more than just a little curious about these visitors? Where are they from? How did they locate us? Why did they come? What was their impression of our church? Being an innate ferret, this columnist has endeavored to find some answers.

The majority of visitors are from the greater Bay Area; however, addresses in the church guest book indicate we're now known in New York, Michigan, Oregon, Nevada, Massachusetts and even Southern California! Seven out of every ten have come with or because of someone already attending; six out of every ten have never been in a Spiritualist church. Because the "why" is, perhaps, very personal to the visitor, not much datum is available as yet. I should be grateful if any reader would forward his or her reasons, for future column use. Visitors impressions are



many and certainly varied: "how formalized the service is"; "how informal the service is"; "I'm disappointed no manifestations took place"; "I was so scared I'd 'see' something"; "it's just like any other church"; etc., etc. There was one statement iterated time and again, "Everyone in the church was so very friendly and warm. I'm really grateful I came today; you know, it picked me up when I most needed it."

Well, readers, did someone question whether our spirit guides lack foresight?

*Be ever ready and willing to give
That which you hold most dear,
Then, my child,
You shall know not of fear.*

significance of the fundamental facts of Spiritualism.

It is proposed in this book to describe briefly the essential facts, the reality of which is well established. The reality of an alleged phenomenon is believable if a sufficiency of credible evidence is produced in its favour. The blind man believes in the moon because the evidence he receives from others is overwhelming, and we also believe, on similar evidence, a vast number of facts which we cannot personally verify. In the case of supernormal phenomena most people prefer the evidence of their own senses, and this they can have if they themselves witness them.

Psychic phenomena can be verified personally by anyone, but as they are not on public show they must be sought, and the seeking may involve the expenditure of time, money and patience. Private circles do not care to admit strangers, because they are likely to disturb the mental atmosphere and prejudice the phenomena. If the necessary conditions are provided phenomena can be observed in one's own home, but the preparatory work may occupy a long period. Some of the best mediums have only succeeded

in developing their particular gifts after years of patient endeavor. Good reliable mediums are rare. Some are willing that the public should profit by their gift, usually, of course, at a price, but many in private life are unknown. Many keen psychic students have spent large sums of money and travelled thousands of miles to prove the reality of a phenomenon occurring through a specially gifted medium resident in some faroff place.

The majority of people, when their interest is first aroused in the phenomena of Spiritualism, immediately rush off to the first available medium, but as they do not know what to expect or the significance of what occurs, they learn little or nothing and are often puzzled and disappointed. If anything apparently supernormal happens, while the credulous at once conclude that a miracle has occurred, the skeptic jumps precipitately to the conclusion that clever trickery is a sufficient explanation. Sometimes the latter are right, for unhappily there have always been fraudulent mediums, who easily deceive those without expert knowledge. But deception is no more rife among the professional exponents of Spiritualism than among those in other professions.

BECOMING A SPIRITUALIST

Spiritualism: The Religion of Self-Mastery
by H. Gordon Burroughs

Modern Spiritualism came to the world over a century ago. It changed the thinking of men and women; it changed their mental attitude. It has caused a great deal of contention as did the message of Jesus when he said, "I come not with peace but with a sword." This seems a very severe statement, but it was made by Jesus because his message was a revolutionary message, a message which first tore down the old structure before it could build a new one.

Spiritualism came when the human family needed a new dispensation. It cried from the mountaintops, "God is love; God is peace; God is just; God is immutable. There is no hell; there is no heaven of golden streets; there are no angels with wings." ("Angel" means a messenger. Heavenly angels are, therefore, messengers from God.) It proclaimed further that there is only one law, one life, one power, one intelligent action, and that is God himself; that there is no other

power in the universe but God, and all of that which seems adverse to the law of God is God-power misdirected.

The message of Spiritualism is that life is eternal for every human being; that the door of reformation can never close; and that no matter how you have wandered from the path which is thought to be righteous, somewhere and sometime the door stands wide open to receive you when you proclaim through your own desire, "I have spent my all and now I rise and go to my Father." And the Father, who is love, will make ready to receive that one who has wandered so far.

Spiritualism has been called the religion of joy. What do we mean by joy? We mean that state of mind in which we hope for the consummation of things promised. Religionists have promised a heaven of joy, of peace; we have been hopeful that that promise might be true. Spiritualism brings you the angels as

PRA YER FOR SPIRITUAL HEALING

*I ask the great Unseen Healing Force
To remove all obstructions
From my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.
I ask this great Unseen Healing Force
To help both present and absent ones
Who are in need of help
And to restore them to perfect health.
I put my trust
In the Love and Power of God.*

Healing Hands

Spiritual healing is a gift possessed by certain spiritual mediums. This gift is exercised by and through the direction and influence of excarnate spiritual beings for the relief, cure and healing of both mental and physical diseases of mankind. It is recognized by the New Testament Scriptures and is now a tenet of the religion of Spiritualism and is practiced by Spiritualists in conformity with their religious belief and knowledge of the power of spiritual agencies.

Spiritual gifts are the ability to consciously contact those who are living in the spirit world and to demonstrate the continuity of life by manifestations. The most powerful forces in our universe are the invisible forces. Electricity, wind, life, spirit, all these can only be known as they manifest. We speak of love, kindness, generosity, etc., but can only recognize them when in action. And so it is in the realm of healing. The great curative

by Pauline Leonard

force with the help of spirit beings is poured through the organism of a spiritual healer. It is an invisible force but very real. Spiritual healing is classified into three departments: magnetic, mental and spiritual. In a spiritual healer the magnetic, mental, and spiritual healing phases often blend.

Spiritual healing is one of the most valuable gifts to the earth plane and our spiritual healers are given full encouragement and protection in the practice of their gift at all times.

The National and State Spiritualist's Association of Churches takes great care and caution in determining whether an applicant for a Healer's Commission really possesses any of the phases of the gift of Spiritual Healing to a sufficient degree to warrant the issuance of a commission.



your proof that the promises already made are truths; that your Loved Ones do live; that eternal life is a fact. Voices speak, physical and mental phenomena take place, and the angels open the door wide. Not only do the angels of light exist, but those you love exist and manifest; and the veil between the two worlds of activity is growing so thin that by a mere breath of those spiritual beings may the curtain be torn asunder and the two spheres of God's ever-present eternal manifestation mingle as one. Life is not short; it is eternal and victorious because it is a manifestation of God himself.

Establish within yourselves knowledge instead of faith. Those of you who have received that knowledge and have been blessed by the overshadowing presence of angels may look out into the world today and recognize that this earth upon which you dwell is only a crude manifestation of a real world to which you are journeying day by day. Knowledge thus takes the place of fear and doubt. The religion of joy brings to you, while yet on the material plane, the realization that you live eternally and that you have the power to communicate with Loved Ones who have gone on to the next sphere of manifestation. Let praise come forth and mingle with the praise of angelic hosts

for this assurance to mankind!

Joy it is then to know that your efforts are not in vain, that your very thinking is eternal, that you become a pupil of God Himself when you create, when you labor. This body of yours is merely your servant and as such should not enslave you. You can so attune it in its beauty and manifestation that it vibrates with God and picks up the God-thoughts of all mankind, revitalizing you and making you free because you have learned how to think and how to manifest with God.

Spiritualism is the religion of joy, the religion of liberty, the religion which banishes fear, the religion which makes it possible for us to forgive and to be love in manifestation, saying to everyone, "Thou art the living substance and glory of God!" So shall we find beauty in all with which we come in contact; and all that which we are, glorifies the name of God the Father, of which we are a part. It is the religion which enables men to approach the grave in trust, saying, "O Lord, I humbly come. My boat is crossing over; I hear the tolling of the bell which calls all men to the glorious reunion with those who have gone on before. I open my eyes in paradise, clasped in the arms of those I have loved and lost." Death annihilated; life eternal!

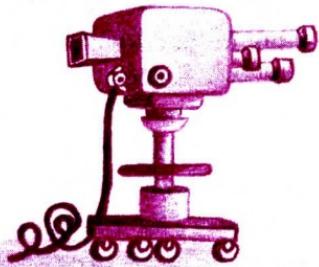
News & Views

by Claudeen Johnson

Printing is now being done in Serenity's main office in San Geronimo. The new printing equipment is a huge boost for the advancement of Spiritualism. We wish to give a special thank you to all the many friends who are supporting the printing fund for the good of Serenity.

Our August social proved to be more than an enjoyable evening for all attending. The Social gave birth to the Serenity Serenaders. Our very own Serenity Serenaders are comprised of Hazel Field, Pauline Leonard, and Kay Hammel with Lady Margaret as accompanist. The Serenity Serenaders are currently preparing new music for future occasions.

Spiritual Awareness Classes are now underway for the Fall Quarter. We regret that we have been unable to accomodate all the students who have requested the September classes. Registration is now being taken for our Winter Quarter Spiritual Awareness classes starting in January. The classes offer the student an opportunity to awaken to the



simple truth that all is within.

Serenity's annual Holiday Harvest Bazaar will be held at the church on November 25th. All are welcomed to attend our fun packed "HHB." Excellent home cooked food and spiritual fellowship are but a few of the many benefits derived from attending the Serenity Socials. We guarantee something for everyone and enjoyment for all. Beautiful hand embroidery is currently being done by Mrs. Bonnie Droz for Serenity's November Bazaar.

We greatly acknowledge all of our loyal advertising supporters. Without them our weekly church ad in the Independent Journal would not exist, making it harder for many searching souls to find our ever open doors. Thank you again advertising supporters.

Serenity's book club is open to all interested seekers of the Light. It offers an excellent selection of books each and every month with a substantial dis-

count.

Special thanks goes to the Busy Bees Ladies Guild for their ever increasing efforts in supporting the Serenity Association.

Orders are now being taken for the limited deluxe first edition of "The Living Light." Order your copy now to insure delivery in November.

Thank you for making our September Social a huge success. Beautiful music by Tony Conti crowned the evening's enjoyment. As usual the culinary talents of Mrs. Edie Faubel were par excellence.

A special benefit service was held for the Marin Suicide Prevention Center on Sunday, September 17, 1972. The lecture by Dr. Rubin and staff proved to be most informative for those in attendance. We sincerely hope that the benefit service opened the door for other churches and organizations to aid in continuance of the Marin Suicide Prevention Center.

Orders are now being taken for the limited deluxe first edition of "The Living Light." Order your copy now to insure delivery in November.

Be sure and make reservations now for the October Dinner Social. The social will be held on October 28th, at 6:30 in the evening. Fun for one and all is part of our monthly social gathering at Serenity.

In Anthem

by Tiffany O'Hara

*The Golden Gate Bridge arched
across the sea
Is an instrument of rhapsody.
On a day that's foggy or bright
and sharp
Travel across this heavenly harp.
A choir hums while an angel sings
And a great hand thrums its
cable strings.*

*Push ahead through each day
with joy.*

*Endure each experience with a
smile*

*Act towards others as you would
have them act.*

*Count your good deed done
at day's end.*

*End each day with a word of
gratitude.*

by Tom Fernandez

"It is something to be able to paint a particular picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look... To affect the quality of the day--that is the highest of arts."

—Henry D. Thoreau

THE A.B.C. OF SPIRITUALISM

by B.F. Austin, A.M., D.D.

1. What is Spiritualism?

Spiritualism is the Science which affirms the existence of Spirit as the Origin, Sustainer and Reality in all the forms of Nature and in all the expression of life. According to its teachings the Universe is spirit-built and constitutes a Divine Revelation of Spirit (God). Spirit manifests in all life, in all intelligence, in all power in all wisdom and in all that is True, Beautiful and Good. Spiritualism is the Philosophy which explains the manifold operations of the Spirit in nature, and in man.

It is the Religion which demonstrates through Mediumship life's continuity after death, affirms man's divine origin and relationship, furnishes man with the true philosophy of prayer, gives the strongest possible motives to good conduct, inspires and aids man in self-development, and offers him the richest consolation in life's sorrows.

2. Are Spiritualists justified in Styling Spiritualism a Religion?

Yes, abundantly justifies by its teachings and its effect upon human character and life.

Leaving out all references to the derivation of a word is very often lost sight of in its changed

use and meaning—it may be most positively affirmed that in the accepted use of the word Religion today there are three universally recognized ideas; the existence of a Supreme Power; the efficacy of Prayer; and the duty and privilege of man to come into harmony and peace with that "power, not ourselves, that makes for righteousness."

Spiritualism recognized the efficacy and value of prayer, explaining in its lucid and inspiring teachings how every expression of man's desire for the True, Beautiful and Good, causes the soul to "mount up on wings like the eagle," through the operation of natural law; and how prayers are often specifically answered through the ministering angels and our arisen friends.

Spiritualism in all its literature and inspired teachings has ever affirmed, the absolute failure of all creeds, ceremonies, sacraments and ecclesiastical services to bring peace and comfort to mankind until the individual, through knowledge of the truth and loyal obedience to the truth, has brought his thoughts and affections into harmony with the great laws that govern the spirit realm.

The Living Light

"The Living Light" is unique, the first and fresh expression of the individual understanding of a Great Teacher from other dimensions, understanding developed by him in centuries of study in higher realms. The lessons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek.

The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study, and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.



"The Living Light" is invaluable, timely and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light" to be mailed to you upon publication November, 1972.

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The Adventures of Sooty Sim

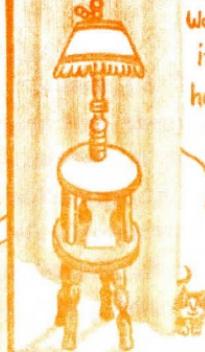
What joy
to be
Born.



Looks
like a
pretty good
life.



Wonder
if I'll
have to
share
it?



Better be
prepared.



There's Always
something
unexpected.



Like that sleep
of satisfaction.



Took all my effort
to wake up.



And it really
wasn't
worth
it.



Maybe someone
Knows what it's all
about?



DROZ

FROM FIRE-MIST TO MAN
EVOLUTION SPIRITUALLY INTERPRETED

by Andrew Jackson Davis

Let it be deeply impressed, that there is not a geometrical form, nor a system of locomotion, nor an indication of physiological harmony in Nature which is not to be found vastly more advanced and perfected in the human body.

The ponderous elephant, the swift zebra, the powerful horse, every quadruped is obliged to move through the instrumentality of four legs and feet, having a brain and muscular system arranged to suit them. But Man embraces all these muscular structures of locomotion in the two systematical pedestals which support his living temple. In truth, the power and usefulness of all the instrumentalities of locomotion to be found in Nature--embracing the whole scale of organic life from the polyparia, or from the cephalopod, up to the quadrumanæ--are concentrated and beautified in the arms and hands, legs and feet of the human structure.

The bones and muscles of the human foot are so arranged as to display the most captivating symmetry and to perform almost any office which the living Spirit desires. The osseous and muscular structures of animals are gross and consequently adapted to the circulation of an undeveloped vital principle; but these structures in Man are refined and suited to the reception and requirements of an immortal Soul.

And the human brain possesses the concentrated power and beauty of all cerebral organizations in Nature. The cephalopod has a brain suited to the reception of angular particles; the brain of the saurian is adapted to semi-angular particles; the brain of the bird is prepared for circular atoms; that of the mammalia for ascending circular and spiral atoms; but the human brain is adapted to the reception of atoms that have emerged from the perfect spiral into the spiritual--which is Spirit.

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E.W. & M.H. Wallis

Study Necessary for Self-Knowledge

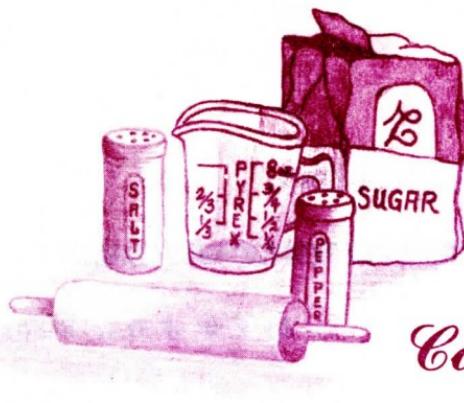
The study of man's natural spiritual aptitudes, and the methods of their intelligent development, safeguarding and exercise, are therefore of supreme importance to the individual and the race. Those who are constitutionally sensitive cannot properly understand themselves, or rightly interpret their own feelings and experiences, until they realize and comprehend these soul-possibilities and relationships; and the world will be benefited by the spread of the knowledge that by the cultivation of these powers of spiritual perception and expression the presence of the so-called dead can be scientifically demonstrated and the continuity and purpose of life be revealed.

When wisely cultivated and rightly used, mediumship seldom has any ill effects; on the contrary, it tends to the harmonizing of the individual, both physically and morally. With

pure aspirations and a reasonable amount of common sense, a medium, even of only moderate power, may maintain his health, refine and expand his intellect, and become a substantial helper to his fellows. But mediumship, to be healthy, must be progressive; there is no standing still and maintaining the integrity of either spiritual or physical powers. No sooner does aspiration stop than retrogression begins; but with a high standard always before him, and favorable environments, there appears to be no limit to the individual development of the earnest and intelligent medium. The power on the spirit side is practically unlimited; all that is required is an instrument sufficiently perfect to express it.

Philosophical Deductions

The belief in a future life is well-nigh universal, but if man



Cook Book Capers

by Edie Faubel

I am really excited about starting a cookbook with recipes contributed by the food lovers of our own Serenity Spiritualist Church. We'll appreciate all recipes that have been tested. Send them to me in care of the Sentinel--don't forget your name and address.

Banana Punch

Serves 36

Edie Faubel

6 c. water
2 c. sugar
4 oranges
4 lemons
5 large ripe bananas, mashed
1 (46 oz.) can pineapple juice
2 qts. gingerale or 7up

Boil sugar and water 3 minutes; cool. Add pineapple juice and orange juice. Sprinkle bananas with lemon juice; add to mixture. Freeze in milk cartons--

thaw 2 or 3 hours before serving.
Add 7up and serve.

Cooking Hint-- You've burned another pan of cookies? Cool them and carefully scrape them across your carrot grater to remove the burned part. Be secretive!

Rice and Shrimp Salad

Connie Wood

3 c. cooked rice (cool)
2 green onions, chopped
1 tsp. salt
1 tbs. prepared mustard
4 tbs. mayonnaise
pinch of curry powder
tray of shrimp

Mix all ingredients together and serve on lettuce leaf.

INVOCATION

To the Infinite Spirit of the Universe, manifesting love and tenderness from fragile flower to mightiest oak; ever expressing Infinite care and wisdom; creating a desire for a more complete understanding of life's obligations and opportunities, we would attune ourselves, knowing that from this contact comes a more perfect understanding of the laws which govern our being, a more perfect comprehension of our duties and greater courage to face our daily tasks. We would learn more of that great spirit world to which we journey--more of its nature, its illuminations, its glories. May we discover more and more avenues of communication between the two worlds and attain a higher, a truer, a deeper appreciation of the blessed Gospel of Spiritualism. May we continue to grow in knowledge and wisdom and through our sensitized instruments reach humanity everywhere bringing into their lives this great Truth which has brought such joy, peace and understanding into our own souls. Amen.

Reading: What is Spiritualism?

Spiritualism is an outpouring of Spirit upon humanity, a divine

revelation from the spheres of light. It is the highest message of truth which we have as yet, grown to grasp; and one whose depth, beauty and mighty significance we still imperfectly realize.

Spiritualism is the broad educator, the great redeemer, the emancipator which releases human souls from the bondage of superstition and ignorance, lifts the clouds of error that have so long enshrouded the world and illumines the darkness of the world's materiality.

It has given freedom to slaves and broken the shackles of mental bondage. It has introduced more enlightened methods of healing and was chief factor in the larger emancipation of woman. Through the gateway of inspired mediumship it has breathed forth poesy and melody. It has stimulated science and enriched philosophy. It has broadened the conceptions of men and liberalized beliefs and creeds.

BENEDICTION

May the sacred impressions reaching us from realms supernal ever guide our footsteps aright in the great journey of life. Amen.



Busy Bees

by Bonnie Droz

The Ladies Guild of the Serenity Spiritualist Church meets every third Wednesday of the month at 7:30 in the evening. As Chairlady of the Serenity Guild, you may contact me for the location of our friendly meetings. Currently, the Ladies Guild is busily buzzing every Wednesday evening in preparation for the Serenity Bazaar, which is to be held on the last Saturday of November.

The Ladies Guild is open to any suggestions for future handiwork projects. Donations of any kind for our November Bazaar would be sincerely welcomed.

All interested ladies are invited to attend the busy buzzing meetings of the Serenity buzzing Busy Bees.

Homebound Bees buzzing for the good of Serenity are welcome to work in their leisure time while watching television and enjoying their surroundings.

A social hour of refresh-

ments and spiritual upliftment crowns the meetings of the Busy Buzzing Bees.

*If you deem your life a failure,
Then the world adopts your view;
If you bury all your talents
Who will mourn their loss but you?*

*Those who struggle wear the garlands,
Only cowards sit and sigh,
In the din of life's great battle,
Those who win are those who try.*

"Nothing is really work unless you would rather be doing something else." —Sir James Barrie

"The wonder of a woman is the work she produces and the glory of a man is the work he creates."

DREAMER

DREAM A LIFE OF BEAUTY

BEFORE YOUR DREAM

STARTS

DREAMING

YOU

SPIRITUALIST DICTIONARY

Philosophy of Spiritualism:

Its metaphysics are a legitimate study, as the relationship between the 'real' enduring world and the phenomenal world of the senses can be discovered by paranormal communication between the two. The 'monad' hierarchies of Leibnitz are in accordance with Spiritualist teachings; the monads being equated with spirits inhabiting the 'real' world which underlies the phenomenal world of our senses.

Its Existents: from these communications it seems that the enduring reality is an active principle, not the material universe as it appears in any part, but the spiritual relationship of the individual consciousness to the whole, striving for expression at many different levels of conscious experience, manifesting through the senses as matter of various forms.

Its Theory of Knowledge:

Parapsychology and mediumship

have proved that knowledge may be obtained by channels other than the recognized senses. This provides the basis for Spiritualist philosophy.

Its Ethics: are the Objectivist order; recognizing the 'real' values of Goodness, Truth, Beauty, Justice, which endure as Good in Themselves. So far as the individual's motives are directed to the propagation of these values, so he is acting in accordance with 'rightness.'

Every day is a little life, and our whole life is but a day repeated. Therefore live every day as if it would be the last. Those that dare lose a day, are dangerously prodigal; those that dare mispend it are desperate. --Hall.

Walk in the light and thou shalt see thy path, though thorny, bright; for God, by grace, shall dwell in thee, and God himself is light.-- Barton.

THE LIVING TELEPHONE

*Two friends met Over There one day
And began to talk in the usual way;
Then one exclaimed in vibrant tone,
‘I’ve found a living telephone!’*

*“It reaches back across the span
That separates us from living man;
We now may cross the great divide
And speak to those on the other side!”*

*“Lead me to it!” the other said,
“I want to tell them that we’re not dead!
But that we live and are happy here;
Death is something they need not fear.”*

*The friend helped him to the phone to see,
A blessed medium it proved to be
Through whom he might hear and speak and know
His friends, as in the long ago.*

*He used the phone; there were no crossed wires;
It fulfilled his hopes and his heart’s desires;
There were no short circuits, but direct contact;
Not a single thing had this phone lacked!*

*In helping him to return again
To his friends here on the old earth plane;
He praised the phone; he thought it fine
And recognized it as divine!*

*Then banish doubt from your human mind;
The devil could not be so kind;
‘Tis the work of a great and finer force
That brings to us such intercourse!*

—Florence Milton



Lest We Forget

<i>Amos G. Berg</i>	<i>Yuan Leong</i>
<i>Glenn A. Berg</i>	<i>Troy Gillespie</i>
<i>Elouise V. Benner</i>	<i>John F. Gillespie II</i>
<i>Florence A. Wilson</i>	<i>Lincoln G. Droz</i>
<i>Harold Dutton</i>	<i>Esta Graham</i>
<i>Jack Silvius</i>	<i>Sarah Graham</i>
<i>Dorothy Paulson</i>	<i>Alexis Krivor</i>
<i>Harold Paulson</i>	<i>Clara Krivor</i>
<i>Joe Paulson</i>	<i>Isabel Craig</i>
<i>Arna Zetlitz</i>	<i>John F. Gillespie III</i>
<i>Connel Bakkagard</i>	<i>Isa A. Goodwin</i>
<i>Heinrich Frohlich</i>	<i>Lawrance Corti</i>
<i>Sunny Ross</i>	<i>Margerite Corti</i>
<i>Frank J. Manning</i>	<i>Margaret Dabney</i>
<i>Edith Rogers</i>	<i>Georgia Bossingham</i>
<i>Mrs. Gladys Hankey</i>	<i>Donald McCroskey</i>

Names listed in this column are a donation of one dollar per name in remembrance of loved ones who have passed to the higher life.

DECLARATION OF PRINCIPLES

1. *We believe in Infinite Intelligence.*
2. *We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.*
3. *We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.*
4. *We affirm that the existence and personal identity of the individual continue after the change called death.*
5. *We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.*
6. *We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."*
7. *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
8. *We affirm that the doorway to reformation is never closed against any human soul here or hereafter.*
9. *We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.*



Poet's Pen

With Eyes of Fire
by Arthur Rosch

*With eyes of fire he watched me
taking the heart of others,
to see how I would treat them;
for he knew
that desire often tips the balance
of love.
With eyes of wrath and shame
a man often sees himself
graving the debt of his soul
even deeper into his life;
and seeking absolution from his
conscience,
he hears his spirit's cry
emerging from the shadow.
Wandering wandering thought,
lost its light when the truth left it,
became a deed of ignorance
and held a man in its thrall.
Desire transposed in its aim,
returning its energy to the holy
source
brought the thought home again
to meet its vital half.
With eyes of warmth
your self greets you,
accepting your virtue and your
pain.*

*The sun doth rise and walks across
The eternal day,
Sinking from our vision
In glorious array.
From dawn till dusk we watch
the sky
And somehow it just seems
That we are cheered and lightened
By these arieal scenes.
A sunburst thru a darkened
cloud, and,
We'll take the time to pause;
A crimson sunset lifts our hearts
To ponder on a higher cause.
And oh, I wonder at these times
If we're not seeing now
Within these cloud formations
Heav'n and hell, somehow.
Can heaven be more glorious
Than what's before our eyes?
If we but take the time to see
A message in the skies.*

by Dian Clair

*When you start to change and grow
Then Truth becomes what you know
For Teachers merely show the way
Students earn their night or day.*

lives after the decease of the body he must surely persist as a rational, conscious intelligence. Such persistence must be natural, and provision for the sequential spiritual life of man must have been made as part of the economy of the universe.

The idea of the indestructibility of life is forcing itself upon intelligent people, and the survival of man beyond the incident of death is coming to be regarded as due to, and dependent upon, his spiritual nature. Whatever powers are possessed and exercised by the discarnate being are inherent, if dormant, in the essential self while here. Man is immortal because he is an expression of Life--the highest manifestation of that wonderful creative energy which is imminent everywhere. Having attained self-conscious being, the doffing of the physical body does not destroy life, but, in reality, affords it greater scope for the expression under new and more subtle conditions.

Cont'd. from Page 21

Jensen and a host of others to devise all the multitude of electrical and electronic devices we know today.

God's law truly is Universal Intelligence. Benjamin Franklin tapped into this Intelligence of God. Others harnessed it, and in so doing, benefited us all.

The greatest discoveries are yet to come as we look within ourselves and discover for ourselves the laws of the Spirit which governs each and every life according to its awareness.

Some time ago, just as I was becoming associated with Spiritualism, a teacher came to me from the world of spirit and told me, in words that I could understand, a law of God which, when put into practice, works. I will pass it on to you.

*"If you so order your life
So as to put your Father
(Spirit) first
He will so order your life
So as to put you first."
Try it. It works.*

Cont'd. from Page 7

"He that studies only men, will get the body of knowledge without the soul; and he that studies only books, the soul without the body. He that to what he sees, adds observation, and to what he reads, reflection, is in the right road to knowledge, provided that in scrutinizing the hearts of others, he neglects not his own."

--Colton



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EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

THE SUMMER LAND

QUESTION: "What do you mean by the expression *Summer Land*? If you designate the heavenly world by this expression, why do you use these words more frequently than other terms, such as *Spirit Land*, *Spirit World*, etc.?"

ANSWER: There is a philosophical reason for the expression: "*Summer Land*." The difference between this world and the adjoining sphere is as wide and as marked as between the seasons of winter and summer. In this world we find, at best, nothing but the rudiments of the next. Sickness and death terminate man's career on earth. In the next world he can know, by experience, nothing of either death or sickness. The minutes of man's life on earth are counted by grains of iron and sand. In the next life his time is measured by the ripples of love and

wisdom. Evil converts the present life into a stormy winter, and the darkness of ignorance and suffering flings sadness over the whole race; but in the next world there is a summery bloom on the cheek of every one, from the least to the greatest, and the song of the thronging millions is filled with the music of perpetual summer. But the time is coming on earth when the will of the great Good "will be done" as it is in the *Summer World*. The realities of the upper life will at last shine into this life, and the "*kingdom of heaven*" will have come with its everlasting verdure, blending the two worlds so perfectly, that every part of earth will be supremely blest and beautiful. Until that holy day, with its omnipotent love and endless glory, dawns all over the earth, it will be naturally and truthfully expressive by way of contrast, to think and speak of the spirit world as the *Summer Land*.

can ever see them act under those conditions. Because, my good friends, that is what we have faith in.

It is more than helpful to spend a few moments of each hour to think where our thoughts are. Are they limited or are they limitless? For they indeed go out like the great circle and return unto us someday. If our minds continue to entertain the thoughts of worry and disturbance we indeed continue to experience what the mind directs. So many times we think that we're thinking and what we're really doing is permitting the gray matter to go and whirl by itself without any direction in any way, shape or form. We must come someday to the question of, "Why am I here, how did I get here, and where am I going?" Someday we will have to face, not what we think we are, but what we really are. There's only one judge that I've ever found and that is the so-called judge known as conscience. Conscience, in my understanding, is a spiritual sensibility with a dual capacity, it knows right from wrong, it doesn't have to be told. That's the thing, my friends, that we face someday.

No one has to tell you what will save you, you already know what will save you from yourself. You don't need to read a book or attend a church or to pray each day to find God, because you

already are God. As soon as the self, the self interest, the self concern, the self preservation, all these self orientated thoughts that swim in the mind, as soon as those are freed from our soul the light of our spirit shines forth and then we know where we came from, why we're here, and where we're going. That, my good friends, is the divine birthright of each and every soul incased in flesh, and it is possible not tomorrow but this moment, this day to find our eternal spirit. And once we find it within ourselves we will see it in everything no matter where we wander.

The Light is only known by the Light. Be not concerned with what others are doing or not doing. Be not concerned for what has gone yesterday, it has left you and you cannot do a thing about it. Be not concerned about the years ahead. Be thoughtful of this moment that you may be free, free from the bondage of self. Thank you.

He who loves the tree
The same as he loves me,
Knows that I am I
That thou are thee,
That all is one,
And one is me.

When you harbour a thought you
are feeding a form.

can ever see them act under those conditions. Because, my good friends, that is what we have faith in.

It is more than helpful to spend a few moments of each hour to think where our thoughts are. Are they limited or are they limitless? For like the great unto us some continue to thoughts of once we ind perience wh So many things we're thinking really doing it matter to go without any way, shape come some of, "Why am I get here, and Someday we not what we what we real one judge th and that is known as con in my unders ual sensibility, it knows doesn't have the thing, my face someday

No one has will save you, what will save You don't need attend a church day to find God, because you

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